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Moving up Marion to become a judge in Windsor

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## **IEWS INPORT**

SERVING PORT COLBORNE . WAINFLEET . SHERKSTON . LOWBANKS . ISSUE NO. 36 VOLUME 17 For news updated dally see www.inportnews.ca

TERRY FOX RUNS **Best feet** put forward to end cancer

> SARAH FERGUSON InPort News Staff

PORT COLBORNE - Terry Fox was only 18 when he was diagnosed with bone cancer and later forced to have his right leg amputated just above the knee.

Even though he had been affected by the horrible disease, Terry would go on to run more than 5,373 kilometres across Canada over the course of 143 days. He did it for others.

see RUN | page 2



Port Colborne Terry Fox Run organizer Nancy Salvage has her head shaved by Rolly LeBlanc to raise cancer research funds.

SARAH FERGUSON Staff Photo



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# More than 100 participate

#### FROM PAGE 1

When he was in the hospital. Fox was so overcome by the suffering of other cancer patients, he decided to run across to raise money for

cancer research. Although he didn't finish his Marathon of Hope, millions of people continue that journey for him more than 30 years later.

A cool chill floating off the water and into H.H. Knoll Lakeview Park couldn't damper the spirit of a more than 100 people who came to walk, run and ride in Port Colborne's Terry Fox Run

Sunday afternoon

Participants had the option of entering the one-, three- or five-kilometre routes set up in the park and through the residential and downtown area of the city. Kim Videcak participated

on her bicycle with her husband, children and a small group of friends.

She and ber family decided to come out and support the event because some of her family members, and friends of friends have dealt with cancer in some form.

"So many people are affected," she said. "It's important to support

cancer research because every little bit helps." Run organizer Nancy Salvage wasn't sure of the total amount raised from the

SARAH FERGUSON Staff photo

Pictured from left, James Ortiez, 5; Alex Boom, 5; Isabelle Boom, 7; Tessa Ventresca, 7; and Rachel Addario take a rest after walking in the Terry Fox Run at Merritt Island in Welland Sunday afternoon.

event, but she said the day was a great turnout, although a final dollar figure wasn't immediately known. "I couldn't have asked for anything better," she said.

About 16 people volunteered to shave their heads for cancer before the run got underway at 2 n.m. In Welland, organizer Shannon Bisson was pleased pledges and donations.

with how the laid-back Terry Fox Run on Merritt Island About 50 people partici-

small, Bisson said she wasn't surprised the Welland event raised a hefty sum for the pated, raising about \$6,000 in Terry Fox Foundation. "It's been a really great day.

Even though the crowd was

It's not too hot, and it's not too cool. A lot of people are having fun."

sarah.ferguson@sunmedia.ca Twitter: s\_ferguson25

■ PUBLIC SAFETY: Aldermen to approve new bylaw this month

readings.

## Wainfleet to start fire inspections

#### DAVE IOHNSON InPort News Staff

WAINFLEET - Inspections of schools, recreation centres, restaurants, factories, businesses, motels and nursing homes will soon be carried out by Wainfleet Fire and **Emergency Services.** 

"I don't know how many inspections that will entail. said Harry Flagg, who served in the volunteer ranks before becoming the township's fire chief in late 2011. "We've never done inspec-

tions before unless there was some sort of complaint." Inspections came up during a fire prevention policy bylaw — to establish a fire prevention and public education program - presented to Wainfleet council on Tuesday night, when it passed first and second



forward.

council on Tuesday. Sept. 24. for the third and final reading. "We have to move

It will be

back before

this is being directed from the Office of the Fire Marshal," Flagg said.

This past year, he said, Wainfleet restaurants were inspected after a couple of complaints were received.

"The complaints opened the door for us to inspect all of them ... we figured if there were problems in a couple of places, we had better check the rest."

Flagg said volunteers have been conducting voluntary home inspections for smoke alarms, which are required by law to be on every level of a home and outside of every sleeping area.

Those inspections are only carried out on practice nights, although the chief said there is a volunteer firefighter willing to go out on other nights as well.

Mayor April Jeffs said council wondered whether a fire prevention officer would be needed to carry out the other inspections, to which Flagg replied no, that he will

manage The mayor said he understands some people may not like the bylaw, but it is man-

datory under the provincial fire code. "It's being more proactive versus reactive ... it's far better to prevent things," she

dave.johnson@sunmedia.ca

## **Ronald Marion moves to the judges chambers**

#### SARAH FERGUSON InPort News Staff

WELLAND - Ronald Marion has heen practising law in Welland for more than 30 years.

Marion, 64, has also been an active member of the community having chaired the Ontario School Trustees Council. L'Association des conseils scolaires des écoles publiques de l'Ontario, as well as Conseil scolaire Viamonde since its inception in 1998.

He has been a school trustee as well as chair of the former Niagara South Board of Education, and has been chair of the Legal Advisory Committee to Niagara Child and Youth Services

At the end of October, he'll he packing his hags and moving to Windsor to take the judge's hench. Effective since Aug. 21. Marion was appointed as a judge to the Ontario Court of Justice.

O: How long have you lived in Welland? A: "I've lived in Welland since

1976 when I hecame a lawyer." O: Where were you horn? A: "I was horn in Cornwall."

Q: Why did you want to hecome a lawyer? A: "It's in my nature, it's something teachers thought I should do and pushed me toward and I thought I should

Q: What do you enjoy ahout heing in the law profession? A: "It's very challenging, and I think it's not routine, you get

head that way."

to be of service to other people and the community." Q: What are you looking for-

ward to in your new role? A: "I think it's after having practised this long it's nice to have a new perspective on the hench. It's going to he a new challenge, so it's refreshing, In Windsor they have a large courthouse with judges I'm

going to be exchanging with." O: Are you nervous about starting a new position?

A: "I'm not nervous, but it is a daunting task to move out of a residence you've been in for so long, and moving out of a community."

O: You are advancing in your career when most people your age, or even younger, are con-



SARAH FERGUSON Staff Photo Ronald Marion

sidering retirement. Have you thought about retiring?

A: "I certainly think first of all I'm not prepared to be at that point. I'm very active and want to stay active and working for as long as I can. I'm just not the type to not work.

I would suspect that maybe some people are just going to want to continue to he active in their professions. Lawyers do typically stay active heyond retirement age."

Q: Working as a lawyer, raising a family with four daughters, how did you find time to he involved as a trustee for the school hoards you were involved with?

A: "There's a saying, if you want something done, give it to a busy person. I learned to he able to function with a lot on my plate. I was very well organized."

O: Why did you get involved with education?

A: "I've heen a school board trustee for 35 years. When I got to Welland, I decided, I've always heen interested in education and youth, so obviously one of the ways to make a contribution to the next generation is to head into that area. So I got elected in 1978 and have been elected ever

O: In hetween working as a lawyer and a school board trustee, did you ever find time to sleep?

A: "I found time to sleep. I

had a lot of experience. This you can change offence, defence could not have been done by someone who didn't have a lot of experience."

Q: You also found time to coach your daughters' hasket-

hall teams? A: "I coached them on rep teams as well as their school teams. I coached them for four years in high school (Confederation). We won backto-hack SOSSA and OFSAA titles in 2009 and 2010."

O: What did you enjoy ahout A: "I was very involved with my girls. I enjoyed coaching haskethall. I also coached their

O: Which sport did you prefer to coach - soccer, or hackethall?

soccer teams as well."

A: "Baskethall. As a coach you have more of a capacity to affect the game during baskethall, call for timeouts, hring people off the floor, other people in. As game goes along,

and impact it more."

Q: What will you miss about the Rose City? A: "Ohviously I'm going to miss this community, it's my adopted city. I'm going to he a in new environment and meet new people."

Q: What do you think most people don't realize about the city of Welland?

A: "I think it's a great place to raise your family. It's multicultural in nature, you get your children learn a little more, they get a little multicultural exposure and get more of a sense of a global community. It's enriching for sure."

O: With packing, selling your house and moving, what do you find the most frustrating about the process?

A: "Stuff, You've collected so much stuff hecause you had space so you kept it and it hasn't served any utility for a long time but you still have it."

Q: Do you have any advice for youth aspiring to join the law profession?

A: "If they're thinking of moving on to law school ... they should always opt for things that broaden their perspective and make choices that give them the most options. Flexibility as you go forward, especially in our society. Never hurn the bridges hehind you and if you can learn three languages, learn three languages. hecause it is so beneficial as vou move forward."

Q: Any parting words for the community of Welland?

A: "What I would say to people, when I got involved with the community, as a trustee, and a lawyer, I was100% committed. When I was coaching. I was committed, that's for sure. Although I'm leaving Welland and going elsewhere. I'm not going to forget my experience here, which has been a hig part of my life."

#### THE EMERALD ASH BORER (EAB) is killing ash trees throughout Ontario. Help protect our trees!

EAB has been detected in southern Onterio. The following counties are in the required cree: Sex (1). Chathom-Kert (2). Lambton (3). Middlesex (4). Elgin (5), Huron (6), Perth (7). Oxford (8), Norfolk (9), Bruce (10), Wellington (11), Welerdon (12), Brant (13), Holdimand (14), Nlagara (15), Hamilton (16), Hafton (17), Peel (18), Toronto (19), York (20), and Durham (21).

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#### Ourview

That's a lot

#### Canada's Robin Hood redistribution program

"Stop the war on the poor, make the rich pay!" this is one of the Most common refrains of the social justice protest movement. Anytime the rent-a-mob protests something, this line will no

doubt be heard at some point throughout the festivities. A bit of a head-scratcher. Seeing as common sense suggests the rich already do pay. Don't they already pay a whole whack of taxes? Isn't that the whole concept behind our tiered tax levels?

Yup, And the latest instalment of the National Household Survey from Statistics Canada that looks at income distribution just confirms it. The top 10% of earners received 28.1% of the income in 2010. For those who think that's unfair, take a look at the next indicator. That top earning group paid out 42.1% of the nation's income tax.

Then there's this nugget: "Looking at both income tax and government transfers, collectively, people in the bottom half of the income distribution received more in government transfers than they paid in income taxes overall." So our tax system already does a pretty solid job of taking from the rich and giving to the poor.

Hello Robin Hood. Here's how it breaks down. Total Canadian income was \$1.1 trillion in 2010.

Of this, 12.4% came from government transfers. Meaning the government shuffled around \$136 billion that year, from one group to another. Seventy percent of Canadians received some form of government transfer.

But remember that includes tax credits. Not all of those people

are on the dole. In fact, only 13% received government transfers as their only

income course That's still a shame. Not just because everyone else is shelling out for this. But because these people clearly aren't living up to

their potential A caring society should lend a hand. We're glad we already do. But when it comes to "doing more," let's not pretend that just upping the government transfers is the way to do it. Our society

is redistributionist enough. If there's a war on anyone, let's be honest, it's a war on the makers. Instead of going the socialist route, let's do more by boosting

By creating opportunities. So we can all move forward together.

## INPORTANEWS The driverless car: It's here!

o I'm reading this newspaper article on how a fleet of amazing driverless cars will be ready to take to North American roads in less than four years. That's right, well before the end of this decade you will be motoring down the highway in a car using its own operational system with reflexes and road etiquette that are way

better than yours. Driverless cars are equipped with sensors, radar, GPS systems, Google mapping, stereo cameras, accelerometers, gyroscopes, algorithmic

equations and two drink holders - one for the passenger and one for the guy who's not driving the car. Self-driving test vehicles are already legal on the roads of Nevada and California. We may not have gotten that "flying car" they promised us decades ago but the van with no man" is coming at us like a runaway train.

In America, a self-driving Toyota Prius has already logged 483,000 kilometres without a single accident. That's fine as long as Google's working. However, on the day "This Page Is Not Available" pops up on search sites, every car in North America will immediately crash into each other. It'll look like the roads in Russia on Vodka Appreciation Day, or China every day. Normally I would be against a robot driving my car but seriously, if it gets rid of my backseat driver, I'm all for it. However, if that genius Prius thinks for one minute it's going to select the toons, I'll be forced to put a Club lock on its

steering wheel. So just to be clear, if you're driving in the States and you come up beside a van with a bunch of guys drinking beer and eating pizza in the back, that's not a self-driving vehicle. That's a Buffalo Bills tailgate party in motor mode. Still, questions about the selfdriving vehicles remain. For

instance, could you nap in the backseat while your car drives



you home from work? Could you pre-program the itinerary so that instead of going to London, Ont., for the day you in fact send the in-laws to Tierra de Fuego, Chile? If your autonomous car refuses to follow your instructions and dismisses you as a "stupid human" is there a button you can push to blow it up? Could oversized car seats be installed in the back for guys to sit there looking at the scenery and playing I Spy because I think that would be a really cool way to travel? If you do get into an accident, would you be obligated to go to court and testify against your own car? At Tim Hortons drive-thru would your driverless car have to remind the server to stir the coffee and cut the bagel completely in

And of course the question that has plagued men for 25 years while watching a movie curled up on the backseat going 65 m.p.h. down the highway sucking on a Slurpee could you actually tape another movie on another channel at the same time?

If, as scientists claim, that humans will one day have sex with robots — and we all know how much men love their cars - well. do you think self-driving cars will one day be able to reproduce? Not giving birth to full-size vehicles obviously, but maybe little go-carts or hybrid bumper cars?

As I'm reading about all these incredible features that the futuristic self-driving vebicle will have and I thought: Hey! Wait just a New Yorker minute. My brotherin-law Danny already has one of those. Really. In fact just the other day we were sitting in his brand new Toyota Ray4 and Dan was

showing me how he could watch bis car move on the dashboard screen with sensors that show how close he was getting to the curb and a brightly-coloured graph that shows him how much fuel he has in the tank and how many kilometres he can go before he runs out and the "blue tooth" voice-activated communications system that serves as a cellphone and the album covers that pop up on the screen to indicate the song, the artist and some of the words and the twoway talkie GPS and the memory stick that gives you unlimited prerecorded CDs and ... and all of this would have been fine if we had

been sitting in his car, idling in the

driveway Unfortunately, we were travelling at a speed of 100 km/h down Hwy. 5 between Buffalo and Dunkirk, N.Y., as oncoming cars were taking to the shoulder and drivers - ves. those cars had drivers - were gesticulating and flashing us the finger or pointing excitedly to our side of the road where we would normally be if Dan had not been completely absorbed by all the new, flashing gadgets on a dashboard that looks more like the instrument panel of a 747 passenger jet. At one point I yelled: "The car,

Dan! You have to steer the car, too!" Yeah, my brother-in-law Dan has a driverless car mainly because be's so completely absorbed with all the bells and whistles on his new car that he forgets to steer and work the pedals.

Can somebody tell me how a man with a brand new shiny toy is not designated as a distracted driver even before he gets the damn thing off the lot? In four years, when the real

driverless cars become available. the automobile industry would be wise to give one to my brother-inlaw for free. It would be best for everybody on the road, particularly a few hundred Western New York drivers who failed to make it to the nearest rest stop.

www.williamthomas.ca

#### ■readers'views

#### Heart-safe community is a healthier community

According to research and statistics from the Heart and Stroke Foundation of Canada there are approximately 40,000 cardiac arrests in Canada each year. Without early CPR (Cardiac

Pulmonary Resuscitation) an individual's chances of surviving decrease by nearly 10 per cent each minute that goes by. Many lives could be saved by increasing the number of people trained in CPR and have rapid access to automated external defibrillators (AED's). Niagara Emergency Medical Services has a role in improving the survival rate

of cardiac patients and have formed partnerships with many outside agencies such as Heart Niagara, Pedal Angels, local fire departments and others to help increase awareness of cardiac diseases and arrests and to train people of all ages in the skills of CPR and the use of AED's.

An AED (automated external defibrillator) is a small, portable device used

to identify cardiac rhythms and deliver a shock to correct abnormal electrical

activity in the heart. These units are sophisticated and will guide the operators on what to do each step of the way. Training needed is minimal and simple and is now included in

all CPR courses. The use of AED's combined with CPR training can make the difference between life and death for people suffering sudden cardiac arrest.

see LETTERS I page 5

## **EMS supports AED units**

#### FROM PAGE 4

Niagara EMS supports the Heart and Stroke Foundation's recommendation that AED units be placed in all public places where there is a large gathering of people at one time. For information on how to learn CPR and the use of an AED, Niagara Emergency Medical Services encourages you to contact Heart Niagara. Pedal Angels, Red Cross or St John's Ambulance.

Chief Kevin Smith Niagara Emergency Medical Services

AFD's will save lives

It was discouraging to read Bernie Cusack's negative outlook on Wainfleet's plans to install AEDs throughout the township (letter, September 6).

It is an indisputable fact that Automatic External Defibrillators have saved many lives throughout the world and

will continue to do so. Mr. Cusack seems concerned that one may have a heart attack when these devices are inaccessible, but that's not the

Of course the first action is to call 911 and then if you are fortunate enough to have an AED nearby, you use it.

Instructions are included with the devices and we can also push for high school health classes to teach students how to use them. The biggest misconception he has is that "our tax dollars" fund

this project. Not one penny of taxpayer money is used for this. The Niagara Emergency Medical Services Pedal Angels are a group of dedicated paramedics who along with their

raised over \$29,000 for the project.

Paramedic Danny Kerr has organized training sessions for about 100 local responders from the 10 AED locations in

Wainfleet It is quite likely that some time in the future, the lives of some Wainfleet residents will be saved by this project. I

would ask Mr. Cusack whether it isn't worth the effort even if it turns out that it's only one life that is saved

If Mr. Cusack or anyone else wants to volunteer to help end deaths from heart and stroke, contact the Niagara District Office of the Heart and Stroke Foundation of Ontario at 905-938-8800.

David Fowler Wainfleet



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#### ■ ROWING: Port High uses field trip to introduce Grade 9 students to each other

# All in the same boat

REDNIN FRANKE InPort News Staff

WELLAND - Mother Nature didn't read the memo about the Port High's first field trip of the new school year for Grade 9 students.

While the 130 students hasked in hright sunshine and temperatures that hrought hack recent memories of a day spent at the heach, they could have done without high winds last week.

Instead of figuratively getting their feet wet during an introduction excursion to the South Niagara Rowing Cluh's Great Dain course, their time in the hoats was limited to learning how to keep their halance along-

Normally, the water on a straight-arrow course partially sheltered by high hanks along the former Welland Canal is glass-

side the dock.

But Tuesday wasn't a

normal day, with a sudden surge in temperature in the upper atomosphere swirling up the wind

"When that happens, watch out," said Ron (Swede) Burak, the rowing club's head coach and an old salt when it comes to weather and flatwater

"Today, the sun is the real killer. If it was overcast, the water would he a lot calmer, and we could

he out on the water" He said the students, all hut a handful with little or no rowing training, were kept on shore as a "safety precaution."

"It wouldn't he prudent to do otherwise." The choppy water put a damper on the Grade

9 students' introduction to rowing, though not on a field trip intended to ease the transition to a large high school from much smaller elementary schools.

After learning about water safety and rowing techniques from South Niagara coaches, they had fun playing soccer, putting up Henley-like numbers on the ergometers in the rowing cluh's hoathouse and enjoying a barbecue

Though Jennifer Hardy has a rowing machine at home, the 14-year-old is a landluhher at heart.

"I'm afraid of water." said Hardy, who last year attended Gainshorough School in St. Anns. Her trepidation wasn't

eased any when a friend a "so-called friend." Hardy corrected - threatened to dump her into the drink when they were at the dock halancing the

slam the door on trying out for the sport. "Who knows, maybe I'll



Hardy didn't completely RERND FRANKE Staff Photo Nathan Gamble, left, gets tips on the proper way to grip an oar from fellow Port Colborne High School student Jazmin Kikkert-Labeau at the South Niagara Rowing Club in Welland.

come out again."



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Time: 9 am to 12 noon Fees: Beginner.....\$125 House League.....\$150 Travel Players ..... \$350

Teacher Shella Edwards likened Tuesday's field trip for the newcomers to school to "orientation week in university."

"It gives them an opportunity to feel that not everything is academics, that there is a halance in the world."

A chance to row, alheit only along the dock, also helped the Grade 9 students appreciate they are all in the same hoat when it comes to getting used to high school.

It's also great for honding for the first week of

school," Edwards said. Eastdale and Jean Vanier students have also heen introduced to what the rowing club has to offer novices who want to compete at the high school and cluh level. Burak has already made

presentations at the two He said Port High was the first to visit the cluh for a "hands-on lesson." "Too had the weather didn't co-operate," he

said, shaking his head at the cloudless sky.

bernd.franke@sunmedla.ca

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#### SEPTEMBER 19 SMART SERVE

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-788-3751 for more information or to reserve a seat.

ROSE CITY TO AST MASTER'S open house, 7 p.m. to 9 p.m. in Welland Arena's Lower Community Room, King St. See how impromptu and prepared speeches, in a fun and supportive atmosphere can improve the confidence, communication and leadership skills of anyone, 18 years and up. For more information, phone 289-696-3167, e-mail contact-2877@toastmastersclubs.org or visit http://2877toastmastersclubs.org.

#### FRIDAY SEPTEMBER 20 THE THREE CANTORS

in concert, 7:30 p.m. at St. James & St. Brendan Anglican Church, 55 Charlotte St. Port Colhorne Tickets \$20 (includes pie and coffee reception). Call 905-834-3184 for tickets.

#### RESUME CLINIC

at Employment Solution, 3 East Main St., Welland; 9:30 a.m. to 11:30 a.m. Receive advice about your present resume or have help in developing a new one. Call 905-788-3751 to reserve a spot.

COUNTRY HOFDOWN to benefit Welland hospital. Welland Hospital Foundation has put the cows out to pasture on old dance ideas and created this new event for all you country lovers while raising money for our local hospital. The hoedown will be held at Club Richelieu at 7 p.m. Featuring live music by The Elton Lammie Country Band along with 50/50 draws, cash bar. pig roast by Boss Hog Pork & Beef and great prizes to be won. Country attire is encouraged, but not required. Tickets are \$10 each and are available at the

door. All proceeds from this

event will go towards lifesaving equipment for Welland hospital. For more information contact Lori Pottle at 905-378-4647 ext. 32395 or e-mail: loot-

tle@niagarahealth.on.ca. BEEF ON WECK DINNER for and at St. John's Lutheran Church, Hwy. 3 and Silver Bay Rd., Port Colborne, 5 p.m. to 7 p.m. Cost \$9, includes roast beef on a kummel weck roll, colesiaw, coffee, tea and dessert. Proceeds to

be matched by FaithLife

dent Peter Ferguson will take you through the settings on your camera and talk about post-production ways to turn a photograph into a work of art. Bring your camera and manual, 2 p.m. to 4 p.m. Cost \$10. Register ahead.

Welland Camera Club presi-

PELHAM HORTICULTURAL Society meets at the Fonthill library, 7:30 p.m. to 9:30 p.m. Darrell Blev. a Niagara Parks Commission School of Horticulture instructor. will speak on the creation of a natural swimming pond.

Library, 6:30 p.m. to 8 p.m. This dron-in knitting club will meet to knit together. share patterns, help each other and learn how to knit. Crocheting is welcome.

SEPTEMBER 24 FALL FASHION SHOW Niagara Women's Connection, an inter-denominational Christian women's club, invites you to a relaxing afternoon of fun, friendship, information and inspiration. This month we will be presenting a fashion show

CARD MAKING WORKSHOP Participants will make six cards using a variety of techniques. Most materials are provided at Pelham Public Library, Time 10 a.m. to noon. Cost \$10. Register ahead.

WEDNESDAY SEPTEMBER 25 PORT CARES EMPLOYMENT Services will be at Wainfleet Township Public Library 9 a.m. to 11 a.m. If you are actively job searching, out adviser can offer tips, suggest resources, and review

and make recommendations



## SUNDAY SEPTEMBER 22

IIMMY MARANDO SWING Band is presented by the city at Welland Community Wellness Complex, 145 Lincoln St., at 2 p.m. Featuring singers Maggie Vida and David lannandrea. Music from the '30s to '60s, tickets start at \$12 (depending on membership).

MONDAY SEPTEMBER 23 PHOTOGRAPHY 201 Beyond the Basics, Awardwinning photographer and

#### always welcome. SECOND CAREER

information session at Employment Solutions, 3 East Main St., Welland; 2:30 p.m. to 3:30 p.m. Second Career is an Ontario government program that enables laid-off Ontarians to train for a new job that is in high demand. In this session you will be able to find out if you qualify for the Second Career program. Call 905-788-3751 to reserve a spot.

KNITTING CIRCLE at Wainfleet Township Public

Time 1 p.m. to 3 p.m. Our special speaker will be Joan Thiessen of Stoney Creek. on how we can have peace over our circumstances and constant change. We would like to give everyone the opportunity to help out Pelham Cares with a donation of a non-perishable food item Coffee tea and treats will be served for \$7 Babysitting is provided free of charge. The show is at Kirk on the Hill Church, 1344 Haist St., Pelham, RSVP to Margaret at 905-788-9641

or e-mail mrs.g@live.ca.

about your resume. For more information call Port Cares at 905-834-3629 WHEEL OF WORKSHOPS

at Employment Solutions. 3 Fast Main St. Welland. this day and Sept. 26; 9 a.m. to 4:15 p.m. Call 905-788-3751 for more information or to reserve your spot in the free two-day workshop to get you ready to land that job you been looking for. You will receive a certificate at the end of the second day. There are eight workshops

#### THURSDAY SEPTEMBER 26 CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss works of classic literature. This month's selection is the first two books in the Little House on the Prairie Series - Little House in the Big Woods and Farmer Boy by Laura Ingalls Wilder. To obtain copies of the books, please register as a book club member in person or by calling 905-899-1277.

FAMILY WILNIGHT at Wainfleet Township Public Library from 6 to 7:30. All ages are welcome to drop in

#### to play Nintendo Wii. FRIDAY SEPTEMBER 27

RESUME CLINIC at Employment Solution, 3 East Main St., Welland; 1:30 p.m. to 3:30 p.m. Receive advice about your present resume or have help in developing a new one. Call 905-788-3751 to reserve a spot.

#### SATURDAY SEPTEMBER 28 WELLAND CULTURE DAYS 2013

A free celebration of arts and culture, at Welland Community Wellness Complex, 8:30 a.m. to 6 p.m. Free demonstrations, workshops, performances and more. Free pancake breakfast starting at 8:30 a.m. and soup demonstrations to follow. Free.

#### FUNDRAISER

for Sister Caroline Sneek, Phillipine missions and orphanage, at the Italian Hall on Bell St., Port Colborne. Dinner at 6 p.m., tickets \$35 each. Silent auction, penny table. draws. Event open to public after 8:30 p.m. Call Frank Sneek at 905-894-9717 or e-mail fandpsneek@gmail.com.

#### CHITTIRE DAYS at Welland Historical

Museum. 10 a.m. to 4 p.m.. free admission, 140 King St. Check the museum's website or Facebook page for more info about all our programs and events or call 905-732-2215.

## They're all going ga-ga for garlic

#### GRANT LAFLECHE OMI Agency Niagara

NIAGARA-ON-THE-LAKE — For nearly as long as Jane Werner can remember, her family grew fruit on their Niagara-on-the-Lake farm. Tender fruit is what is what Niagara farming is about after all.
But times change and things
that once seemed certain were
cast into doubt. There was nothing
wrong with the fruit on Werner's
farm. There was just no where to

"Once the canneries closed

down, there wasn't a market for it. What's the point in growing all this fruit and protecting the tender fruit lands, if you have no place to sell it?" Werner said. "OK, you can go to a farmers' market, but they are everywhere and everyone is there. Your competition is all

in the same place. So you'd come back home with half a truck full." And were it not for an odd crop growing on the fringes of the farm, Werner said she doesn't know if the family farm would survive.

the family farm would survive.

But the garlic that was growing
wild on the farm has sold so well,
next month all the fruit will be
ripped up and replaced with it.

"You have to adapt and change with the times," Werner said Saturday afternoon while selling her "candy garlic" at the second Niagara Garlic Festival in Niagaraon-the-1 ake

Originally a fringe product from the farm, the candy garlic — which got its name because it caramelizes well, not because it tastes like sweets — is now Werner's primary product. Her farm has even been renamed Niagara Garlic Glen.

"We even have neighbours who are ripping out their fruit trees and planting our garlic," she said. "In October, we'll have 50 acres." Though not often regarded as a big money maker, garlic can be a cash crop, said Norwood, Ontario farmer Ken Best, who was selling several varieties of garlic at the

festival.

"It's hardy, it doesn't perish and it's always popular," said Best, owner of Best Berry Farm, where he grows garlic after his fruit crops

have been harvested.

Garlic farmers travel around southern Ontario to several garlic festivals to sell their produce, and

customers are picky.
"If you were to put out a garlic and claim it is from Hungary and it's not, people can just look at just tell you it's not, said Berry. "People are serious about their "People are serious about their said their their said their said

garlic."

The festival drew more than a thousand people to a Niagara Stone Rd. field where Niagara Essential Oils & Blends hosts it. It featured garlic ice cream and cooking demonstrations.







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## **Hiring forecast** looking sunny

#### DAVE JOHNSON InPort News Staff

PORT COLBORNE - Employers in Port Colborne and Welland expect a steady hiring climate for the last few months of the year, according to a Manpower Employment Outlook

"Survey data reveals that 17% of employers plan to hire ... while 7% anticipate cutbacks," said Andrea Mancini of

Manpower's St. Catharines office. The survey showed another 76% of employers plan to maintain current staffing levels in the upcoming quarter, October through December. Mancini said the fact that Port

Colborne and Welland have a steady hiring climate is fantastic. "With seasonal variations removed

from the data, Welland-Port Colborne's fourth quarter net employment outlook of 11% is an increase of four percentage points when compared to the previous quarterly outlook," she saidi. "It is also a four-percentage-point change from the outlook reported during the same time last year, indicating a hopeful hiring pace for the upcoming months."

Mancini said St. Catharines, in comparison, expects a cloudy hiring climate for the last quarter, with 10% of employers planning to hire and 23% anticipating cutbacks. Sixty per cent of St. Catharines employers plan to maintain their current staffing levels. and 7% are unsure.

Michelle Knapman, manger of employment services at Port Cares in Port Colborne, said there are businesses hiring in the city, but she is unaware of any substantial hirings.

Knapman said Port Cares works with

both employers and clients to find and create lobs

"If employers have jobs to fill, they can call us."

Knapman said Port Cares will work with clients to get them into the field they work in, and can work with both clients and employers to create positions

if need be. If eligible, there are financial incentives, through Employment Ontario funding, for companies to create "Since April we've developed 22 new



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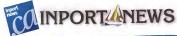


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#### ■ LAKESHORE CATHOLIC HIGH SCHOOL: 25th anniversary



SARAH FERGUSON Staff Pho Lakeshore Catholic High School principal Danny DiLorenzo, left, shakes the hand of first-ever Lakeshore principal Pat Hudak.

## Gator green turns silver

SARAH FERGUSON InPort News Staff

PORT COLBORNE — It seems like yesterday that Sharon Saxon-Buri stepped off the school bus and onto the sidewalk for her first day in a new school.

It was on a crisp, September morning that she was greeted by her teachers and directed to the football field and made to stand in a letter-formation for Lakeshore Catholic High School's first ever group

"You could just feel the excitement right saway when you got off the bus. The teachers were on the sidewalk waiting for us and next thing you knew, you were on the field with the other students spelling out the letters L and G.

Lakeshore, which is celebrating its 25th anniversary with a football game, a social night and mass planned for next weekend, opened September 1988 to 303 students in grades 9 and 10.

Saxon-Buri entered the school as one of the first Grade 10 students. It was nice to finally have a Catholic secondary school in her hometown. Having Lakeshore open, Saxon-Buri would no longer have travel to Welland to attend Notre Dame College School.

The students wore the same grey dress pants, green polos and white dress shirts they wear today but they were also allowed to wear Notre Dame's uniforms. "The uniforms were grandfathered in

Supplied photo

Sharon Saxon-Buri's Grade 10 photo taken in 1988.

in Grade 9. Nobody made us purchase new ones."

As the school grew, Saxon-Buri experienced a lot of firsts — including being the first-ever valedictorian in the gradu-

"It was small and intimate. Staff members had a real vision and an enthusiasm. They had something to really build right from the beginning."

because many of us went to Notre Dame | see LAKESHORE | page 11

ating class of 1991.



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#### III LAKESHORE



File photo In this photo, workers prepare for the opening of Lakeshore by installing the school's

## Sign up and you played on a team

#### FROM PAGE 10

Saxon-Buri said most of the school made up student council and the basketball, swim. volleyball and badminton teams

"We could participate in all of those and it was very inclusive. There were no formalities

and we didn't have to audition or try out for teams because there were so few of us. The entire school was also charged with

picking the school's logo and mascot - a green Gator. The Lakeshore alumna said she enjoyed

her time at the school, and believes the staff shaped her into the adult she has become

Lakeshore's first-ever principal, Pat Hudak, was nervous about the start of the academic year because he didn't have a key to get into the school.

The first person in the school was the janitor. When I showed up there on Sept. 1,

I had to knock on all the doors to get him to Hudak remembered the school's early years as small but good. When assemblies

were held in the auditorium, students only filled up a third of the room. "We certainly had more classes than we needed as the school was built for over 500 students," he said.

Danny DiLorenzo, Lakeshore's principal since 2007, said the school has blossomed into a very strong tradition in Port Colborne. He said Lakeshore is "a great school with wonderful staff and an excellent parent

community A lot has changed since Lakeshore first opened its doors, with the school's population growing to more than 1,000 students

#### **PARTY TIME**

Saturday, Sept. 21

Lakeshore vs. Saint Paul football game

Social night in The Swamp at 7 p.m.

Sunday, Sept. 22

Sunday mass led by Bishop Gerard Bergie in the school's auditorium at 9:30 a.m. followed by brunch in the

For more information visit www lakeshorecatholic.ca or call 905-835-

and updates to its auditorium, gymnasium and the addition of 10 portable classrooms. A \$5.5-million renovation is in the works for the school next year, which will include adding 10 classrooms and retrofitting sci ence labs, DiLorenzo said. Work is expected to be completed by September 2015.

Also included in the construction plans is a wall that will highlight alumni who have made a significant contribution in the

community. The expansion will provide much-needed

space for the school that is bursting with students. DiLorenzo said he is proud of Lakesbore and be's looking forward to the years to come

"I enjoy my time at this school. When I am here. I don't think of it as work," he





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## St. James and St. Brendan

#### celebrate 150th anniversary SARAH FERGUSON

InPort News Staff PORT COLBORNE - Ethel Birrell doesn't feel right if she misses Sunday church

"If I don't get to church on Sunday, I'm all mixed up, 96-year-old Birrell said. "I go to church because it feel so much better after I've been here. I think everyone does.

The parishioner has been a member of St. James and St. Brendan Anglican Church for 92 years. She is looking forward to celebrat-

ing its sesquicentennial anniversary. St. James Anglican Church found its beginnings in 1858 when the Union Church, representing the Protestant denominations of Port Colborne, was built at 55

Charlotte St. Rev. W.E. Cooper was appointed the first Anglican minister to conduct Anglican services in the

church. see 150 | page 14



SARAH FERGUSON Staff Photo

From left are St. James St. Brendan Anglican Church warden Jim Allen, 150th anniversary committee member Leslie Kennedy, Rey, Robert Hurkmans and parishioners Michelle Loeffen. her three-month old son Ethan and Ethel Birrell.





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## **Week-long list** of events planned

#### FROM PAGE 12

Fast forward to 2006 and the parishes of St. James and St. Brendan joined together. Rev. Robert Hurkmans has been leading services ever since.

I may be biased, but I think we have a pretty strong church community."

Rev. Robert Hurkmans

With a week-long list of events planned for the church's 150th anniversary until Sunday, Sept. 22, Hurkmans encourages the church community and the public to celebrate the milestone. The public is invited to to the Three Cantors in concert on Friday at 7:30 p.m. and a grand celebration pig roast and barn dance on Sept. 22 at 3 p.m.

Hurkmans said St. James and St. Brendan Church is just as strong as ever with 250 families on the parishioner roll. "I may be a little biased, but I think we

#### WHAT'S GOING ON

The Three Cantors in Concert, 7:30 p.m. Tickets are \$20 each by calling the church office at 905-834-3184.

Mass to be held at 8:30 and 10:30 a.m. Parish youth will be burying a time capsule following church services. The grand finale Celebration Pig Roast and Barn Dance will be held at Jubilee

have a pretty strong church community. Every year we welcome new members with a service and there are always 10 or 15 new members at least.

Acres at 3 p.m. Register ahead.

As for the future. Hurkmans said he hopes the church continues to flourish for another 150 years.

People die, some move away but babies are always being born and people are moving to Port Colborne, Our parish family is quite diverse and very strong."

sarah ferguson@sunmedia.ca Twitter: s\_ferguson25





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## **BROdown at Boarder Pass**



JORDAN AUBERTIN Staff Photo Chris Smith, co-owner of Boarder Pass Niagara, rides a new rall earlier this year at Sugarloaf Harbour Marina. Smith says the second Liquid Force BBO BROdown will be held on Saturday. Sept. 28.

DAVE IOHNSON InPort News Staff

PORT COLBORNE -Two top wakeskaters will put on demonstrations and help riders learn how to wakeboard and wakeskate at Boarder Pass Niagara during the Liquid Force BBQ BROdown on Saturday, Sept. 28.

Grant Roberts, a pro wakeskater for Liquid Force and Fox, and Braden Loi, Canadian wakeskater of the year in 2012, will be at Boarder Pass at Sugarloaf Harbour Marina from 11 a.m. until 6 p.m., said Chris Smith, co-owner of the cable wakepark.

"It's always a successful day, everyone comes out and rides for free, and there's the demonstrations." He hadn't planned the exact time for demons, but said they'd be running every couple of hours throughout the day.

WHAT A DEA

It's always a successful day, everyone comes out and rides for free, and there's the

demonstrations." Chris Smith

If things go as planned, Liquid Force representatives will be on hand with the 2014 lineup of gear. "People will have a

first-hand look at the new stuff be able to touch it and potentially try out the products before anyone else does," he said, adding both Liquid Force and Fox are also sponsors of Boarder Page

The BBO BROdown. which benefits local charities, was started by Boarder Pass owners Smith and Tim Nixon at their Sarnia venue. Smith said Liquid Force picked it up and took it nationwide to cable

parks. Smith said donations raised from this month's event will go to Big Brothers Big Sisters of South Niagara. A similar event will be held on Sunday, Sept. 29, at Boarder Pass's Binbrook

location "We're asking people to make a donation when they come out. We'll have a barbecue with hotdogs." A Boarder Pass locations

remain open for the season. from 3 p.m. to 7 p.m. on weekdays and noon to 7 p.m. on weekends. If someone wants to ride outside of those hours they can call 1-855-383-RIDE

(7433), which is the number for all three locations. dave.lohnson@sunmedia.ca Twitter: @DavelTheTribune



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## Region has new, unnamed CAO

OMI Agency Niagara

THOROLD - Niagara Region has a new chief administrative officer. but we don't yet know who it is, At a special regional council meeting held last Thursday night, councillors selected the CAO.

However, notification requirements for the successful candidate mean the name may not be released until early next week.

The meeting at Niagara Region headquarters was called to vote on a committee recommendation for the new CAO.

This came after a previous meeting was cancelled last week by Regional Chair Gary Burroughs as key documents arrived too late for councillors to fully prepare themselves.

At the time, Burroughs also said he wanted to give the selection committee's recommended candidate an extra day to accept the offer, conditional on council approval.

At Thursday's fully attended meeting, more than two hours were devoted to in-camera debate on the

"It was a little excited at some times, but not against each other," Burroughs said afterward. "It was a good discussion.

"At least 26 or 27 spoke on the issue," Burroughs said, "I believe it was well worth delaying it a week." He said there were 79 initial candidates for CAO, and the consultant involved brought that number up

"It was a good, wide field," St. Catharines Mayor Brian McMullan said council "came together in I think a very positive

Flooring

**Gary Burroughs** 

"It was a healthy debate," McMullan said. "There were questions for both the consultant (involved) and the committee momhore

"A decision has been made and we agreed to move forward together." The CAO position had been

vacant for about three months. following the retirement of Mike Trolan

Burroughs said the start date for the new CAO "is not a detail I can

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## GranFondo conquers region

#### ALISON LANGLEY QMI Agency Niagara

NIAGARA FALLS - Exhausted and exhilarated at the same time, Robert Marshall pondered one question after cycling for four hours.

"It seemed like a good idea at the time," joked the 68-year-old Manitoba resident after he completed the inaugural GranFondo Niagara Falls mass cycling

"I guess I'm old enough to know better but still young enough to try it." Marshall has participated in three GranFondo Canada events in the past so it was only logical that he packed up his gear and headed to southern Ontario for

Saturday's ride. "The course was excellent," he said. although he admitted a few of the hills in Pelham were challenging.

Marshall rode with friends Kelly and Peter Garagan, also from Manitoba. "It was a gorgeous route," said Kelly.

who completed the route in just over four "Now I think we need to get in the car

drive the route again to see what we missed the first time. The trio have participated in three GranFondo Canada events since 2010 and were among an estimated 1,200 cyclists who rode a grueling 125 kilometres

Loosely translated from Italian. granfondo means "big ride" or "great

There were riders from across North America, and from as far away as the United Kingdom and Japan. The ride began and ended at Oueen Victoria Park.

see CYCLING | page 18





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September 20th - 26th, 2013

#### Port Colborne Household **Hazardous Waste Day**

Saturday, Sept. 21 8 a.m. - 3 p.m. Vale Health & Wellness Centre

550 Elizabeth St., Port Colborne This event is open to all Niagara region

residents. No commercial, institutional or industrial waste is accepted.

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CYCLING

## Participants were happy with event

#### FROM PAGE 17

GranFondo Niagara Falls event director Dean Hachey said Saturday he had heard nothing but praise and support

from participants. "It has been just tremendous today," he said. "I have countpeople here." less happy people here."

The ride started shortly before 7 a.m. and the route took riders through Niagara Falls, Niagara-on-the-Lake, Pelham, Thorold and then back to Niagara Falls.

There was a dedicated trafficfree lane for the entire course, allowing participants to ride at their own nace

"The route, especially without any cars, was just spectacular," Hachey said, adding he's already looking at bringing the event back to Niagara next year.

There were no incidents along the route involving cyclists or motorists. From a policing perspecIt has been just tremendous today. I have countless happy

Dean Hachev event director

tive, the priority that guided our planning and ultimately our response to the granfondo event remained participant and public safety," said Insp.

George Bench of Niagara Regional Police. "In partnership with the Ontario Provincial Police, the Niagara Parks Police, and with additional support from the

Toronto Police Service we were able to meet our goal." Marshall said he'd definitely return if Niagara Falls hosts an

Food and beverage tents were set up at Queen Victoria Park for the cyclists and the general public and there was also a free concert by Juno-Award winning artists Jim Cuddy, of Blue Rodeo, and

Barney Bentall. Both musicians are avid cyclists and completed the ride

before jumping on stage. "They've been at our other GranFondo events and they were eager to come out and support us again," Hachey said. Jan Anderson checked out the festivities even though she arrived in Niagara by tour bus

and not by bicycle. "I love to ride," the Denmark native said. "I only wish we had known (about the ride). Then we would (have) brought our hiloe"

alison.langley@sunmedia.ca Twitter@nfallslanglev



BOB TYMCZYSZYN OMI Agency Niagara An estimated 1,200 riders started off Saturday morning in the first GranFondo cycle through

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Pharmacists

It is time to start thriving about getting the Flu vaccine. There will be flu shot clinics offered in the local area in the upcor our go to. Often these clinics are understitled. There is still a great deal of misunderstanding about the flu vaccine and who should be immunized.

Each year an evention of 20,000 people are hospitalized, and between 2,000 and 8,000 Considers can die of influenza and in ations. Those most high to suffer complications of the flu are the most valverable: children under two and edults over 65. The seasons influenza vancine is safe and effective and can hanelit neonie of all ones. The flushed only previous centeriors up to 12 months immunication in mentions each user. This search for short persons available to sixtus as seed as her other strategy of the Detrobar to mid-Mousehar in the head time for immunication, but the vaccine may still be given in vinter months.

Who should get immunized? The following is a list from the recommended guidelines

- People at high risk of influenza-related complications, including Adults and children with chronic conditions such as:
  - Cerclac or lung disorders such as asthme
  - Disbetes melitus and other metabolic diseas
  - Cancer, immunodeficiency, immunosuppression
  - Donal riseaso
  - Apersia
  - Children and adolescents with conditions treated for loop particle with earlier All residents of nursing homes or other chronic care facilities
  - Seniors aged 65 years or older

  - Children goed 6 months to 23 months of gos
- Persons who are morbidly obese Aboriginal peoples
- only papable of transmitting influence to those at high risk of complications, inclu-Health care and other care providers
- Household contacts of those at high risk and to infants less then six months
  - Members of a household expecting a newtorn during flu season
  - Women at all stages of pregnancy or breastleeding mothers Those providing requier child gave to children 0-23 months
  - Those who assuide services within closed settings to nursons at birth risk

  - People who provide essential community services
- People in direct contact with even influenza intected poultr Healthy people aged 5-64 years should consider getting the vaccine even if they are not in one of the above gro The list of those who should receive the vaccine is entensive. If you have had an anaphylactic reaction to the vaccine or one of its
- orients you should not get the vaccine. On if you have an allerdy to eggs you should discuss cetting the vaccine with your health cent ner. However, if has been shown that egg-allergic individuals may be vaccinated using the TTV vaccine Children 6 months to less than 9 years who have never received the seasonal flu veccine require two doses, with a mi
- Please remember that the fix shot cannot cause the fix if you have become sook effer parting the shot in the cost if you a pointid infection of some other land. The main side affect in rain and melecus at the size of injection for a day or tan affection
  - The first but is effective. Scientific studies show the effectiveness of the first-but to reone from 20% to 90%. Artists over 45 should also look in to cetting the pre-ampoposal vaccine. Pre-ampoposal disease, a common complication of influence, in
- erris (a bloodstream infection) and preumonis. You can get this vaccine at the same time as the flu shot through your declar

To date you must get your flu shot through your doctor or the flu shot dirics in the area. At some point in the near future this wa become available to be given by your phermacist who will be trained to give injections.

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Contact this newspaper or the Ontario Community Newspapers Association at www.ocna.org/juniorcitizen or 905.639.8720 ext. 221

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NIAGARA MAN STRUCK BY CAR IN RURAL FORT

A Port Colborne man was rushed to hospital after he was struck by car in rural Fort Erie, last week. Niagara Regional Police say a group of friends had

been driving an old vehicle through a farmer's field on Bowen Rd. when the vehicle became stuck in the mud.

Two males left on foot to get assistance, police said, while a third male remained with the car Another friend, who was a nearby home, was

alerted to the sound of the revving engine, located the stuck car and successfully pulled it from the mud with a truck. The mud-covered car then sped off down Bowen road and struck one the males who had been walking to get help. The injured male

was taken to the Erie Country Medical Centre in Buffalo, N.Y. with non-life threatening injuries A 34-year-old Fort Erie man has been charged with careless driving and driving a motor vehicle without a

licence



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## **Volunteers anchor Canada's largest wine festival**

DON FRASER OMI Agency Niagara

ST. CATHARINES - In his 14 years, Jared Marino has gone from the stroller to a strolling Mr. Grape. All of it, in service as a stalwart Niagara Wine Festival

volunteer Jared, of Niagara Falls, is among 1,000 volunteers who are the lifeblood of a 62nd annual Nlagara Wine Festival that kicks off this weekend and runs to Sept. 29. The teen started off as a baby sidekick to mom Dee

Marino, who was a festival volunteer coordinator. By Grade 7, Jared was a volunteer trash collector, with this assignment progressing to parade work.

This year, I'm Mr. Grape in the Pied Piper Parade, it'll be a lot of fun," said Jared, who joins his sister Madison as a volunteer. "I'm not really preparing to (entertain) the little kids. give out the awards and have

a smile on my face." Festival executive director Kimberly Hundertmark said the volunteers are crucial to operate Montebello Park in a safe and consistent, sustain-

able manner! They do everything from basic setup and take-down to service and hospitality. "It also helps to develop skill sets for people who

may be returning to work. And often students are using it as a way to develop their skills and education and for networking.

As an extra to recognize volunteers, a special program with Meridian Credit Union will be introduced this year. Festival volunteers aged 21 or younger will be eligible for a bursary award that provides \$500 to the Registered

Education Savings Plan

The festival begins with the Discovery Pass, allowing weekend access to wine samplings and culinary treats at liagara wineries.

Major events and entertainment take place at Montebello Park in St. Catharines. Tokens are available for wine and food

Real Canadian Superstore and Community Care are collaborating in a harvest drive, accepting donations of fresh produce at the park Sept. 21

As east vs. west "winemak-

ers showdown" takes place Sundays at Montebello from 2-4 n.m. Here, winemakers and chefs showcase a four-course wine and culinary experience prepared the Benchmark Restaurant at Niagara College's Canadian Food and Wine Institute. Winemakers representing Niagara-on-the-Lake

challenge their counterparts

from the Twenty Valley for the

perfect creation.







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## What's the Connection Between Skin Tags and Diabetes

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hormone that, when in excess, also causes an elevation in male hormones in women, causing male facial hair growth and acne too. In men, elevated insulin results in a beer belly and breasts. High insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. GLUCOsmart containing Chirositol™ has been researched in over 30 studies at the Virginia Medical School, for prediabetes. Type-2 diabetes, and excess male hormone-related conditions such as PCOS. GLUCOsmart has also been shown to reduce appetite and sugar cravings. But where GLUCOsmart really shines is in fighting belly fat in both MEN AND WOMEN.

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